

1 in 2 pregnant women consume **MORE** calories than required but **LESS** nutrients than required.

An astounding number of pregnant women do not consume the recommended daily amount of important nutrients:



A proper, well-balanced diet including multi-micro nutrients during pregnancy can significantly reduce the risk of **Low Birth Weight (LBW)**, **Preterm Birth** and babies born **Small for Gestational Age**.

To meet the gaps in your diet and nutrition, add Prenatal (or Antenatal) Nutrition supplement to your daily routine.



Advanced Nutrition for a healthy pregnancy

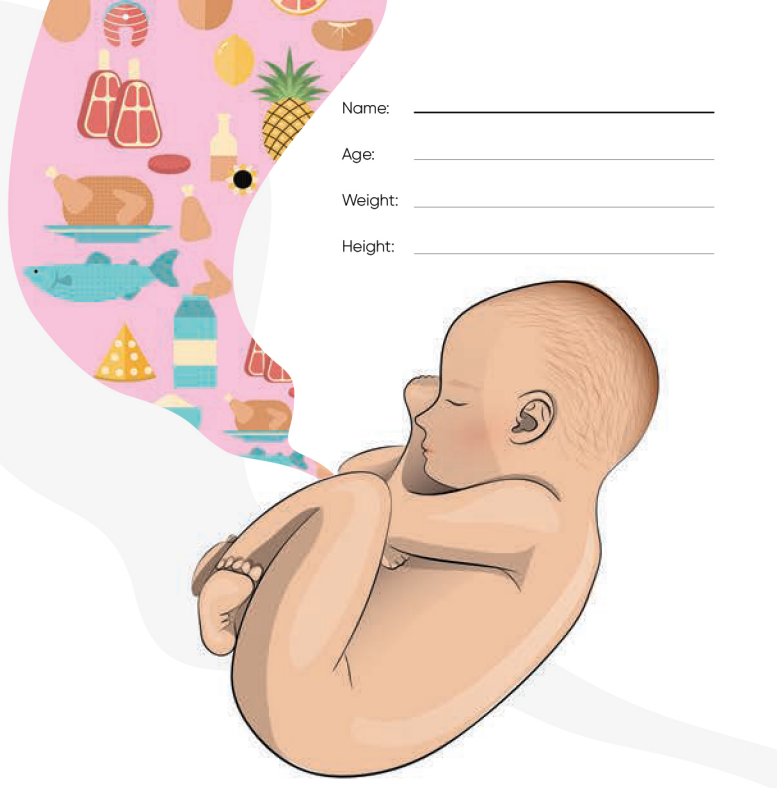


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What you eat, makes your baby.

Nutrition Handbook for Pregnancy



How much to eat?

BMI	Trimester 1	Trimester 2	Trimester 3
Normal (18.5 – 23 BMI)	2000 kcal/day	2300 kcal/day	2450 kcal/day
Overweight (>23 BMI)	2000 kcal/day	2200 kcal/day	2400 kcal/day
Underweight (<18.5 BMI)	2000 kcal/day	2400 kcal/day	2600 kcal/day

Do not over-eat or force-feed yourself. Listen to your body.

Drink 8-10 glasses of water/fluids every day

Why?

- Fluid needs increase during pregnancy in order to support fetal circulation, amniotic fluid and increased blood volume
- Water improves digestion
- Water eliminates toxins from the body and reduces the risk of having Urinary Tract Infection (UTI), common during pregnancy.



When to eat?

- Eat at the same time every day**
The body self-learns when to secrete insulin and how to balance your hormones throughout the day.
- Eat at least 5 to 7 times a day**
Breakfast, lunch, dinner and 2 to 4 snacks, with a gap of not more than 4 hours between each meal. Smaller meals in short intervals are easier to digest than bigger meals in longer intervals. Frequent meals prevent the side effects of nausea & heartburn during pregnancy.
- Maintain a gap of 2 hours between your last meal and sleep**
This reduces bloating and indigestion, commonly experienced during pregnancy.

After your meal, rest or relax for a few minutes so that food can get digested well and the blood can flow to your baby.

Cravings & Aversions:

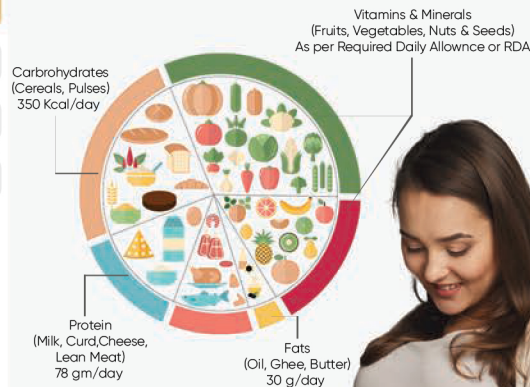
Food cravings and aversions occur in nearly 60% pregnant women. The specific cause is not known however, changes in hormonal balance leads to change in smell and taste.

Pica:

If you crave for non-food items such as dirt, clay, chalk, ice, paint etc. then you may have a condition called Pica. Its usually a sign of iron deficiency and should be discussed with your doctor immediately.

What to eat?

A BALANCED & NUTRITIOUS DIET



Consume a diet rich in Protein, Omega 3 fatty acids, Vitamin C, Calcium, Iron, Folic Acid & Iodine.

OCCASIONALLY
SOMETIMES
OFTEN

Caffeine, Tea, Soda, Aerated drinks, Canned sugary drinks, Packaged food, Ready-to-eat meals, Preservatives, Junk food

Un-cooked raw vegetables, Fried food, Sweets & desserts, Fresh juices

Cooked vegetables, Fruits, Variety of grains (Wheat, Quinoa, buckwheat, Jowar, Bajra, Rice, Red rice, Brown rice, Oats etc.), Pulses, Milk & milk products, Nuts & Seeds, Herbs, Cooked meat, Cooked eggs

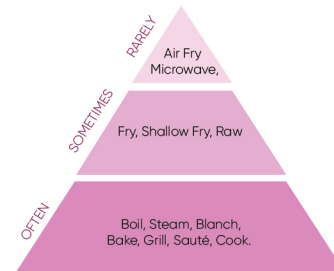
Avoid:

In pregnancy your immune system is low, therefore you are more susceptible to bacteria, virus & foodborne illness. Some of these foods may contain E. coli, Listeria or Salmonella.



Ingredients & How to prepare?

- Consume more seasonal & locally available ingredients.
- Consume ingredients that are fresh and least in the cold storage.
- Avoid ingredients which are heavy on pesticides, chemicals & genetically modified.



Diet in special conditions

Morning Sickness

- ✓ Ginger
- ✓ Lemon
- ✓ Foods high in Vitamin B6
- ✓ Any cereal immediately after you wake up
- ✗ Spicy & fatty food
- ✗ Skipping meals

Constipation

- ✓ Water
- ✓ Fiber (bran, fennel)
- ✓ Asafetida & cumin Munnaka with lukewarm water
- ✓ 1 Teaspoon of ghee with meals
- ✗ Maida & other starchy, non-fibrous food

Gestational Diabetes

- ✓ Cinnamon
- ✓ Fenugreek seeds
- ✓ Low GI grains like brown rice/red rice /quinoa/oats etc.
- ✗ Sugar
- ✗ Maida & starchy food
- ✗ Processed & packaged food.

Gestational Hypertension

- ✓ Turmeric, ginger, cinnamon as natural blood thinners
- ✓ Foods having Vitamin K
- ✗ Salt

Urinary Tract Infection

- ✓ Water
- ✓ Berries especially cranberry
- ✗ Barley water